

## ORANGE & LEMON FREEZE

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### Ingredients:

- 1 cup orange juice
- 1 cup nonfat milk (substitute with soy milk)
- 1 teaspoon lemon extract
- 2 cups canned mandarin oranges, drained
- Ice cubes

### Directions:

- Place all ingredients in a blender with lid on tight. Blend for about 30 seconds or until smooth.
- Pour into glasses and enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.